

# M.E.L.T. Method Roller Workshop

## at Pilates EQ



*Sue Hitzmann's "The MELT Method" is coming to Edmonton! It has been featured on Dr. Oz and on the New York Times Best Sellers list.*



Learn **simple self-care techniques** you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better.

Join MELT Instructor **Angie Hubble**, for a 2 hour workshop created just for you. We'll use the MELT balls and the **soft MELT foam rollers** to rehydrate the connective tissue throughout your body and make your muscles and joints happy!

The M.E.L.T. Method® is an innovative science-based self-treatment program. You can be your own **'hands off bodywork therapist'**, treating yourself to relief today. Read more information at [www.meltmethod.com](http://www.meltmethod.com)

**Date:** November 14, 2015

**Location:** Pilates EQ, #202, 8135-102 St. Edmonton

**Time:** 1-3:00pm

**Workshop Fees (GST extra): \$50.00**

*MELT products will be available for sale and Pre-orders for Melt Rollers will be taken at the workshop.*

**Sign up today!**

**Register online @ [www.pilateseq.ca](http://www.pilateseq.ca)**

**or by phone (780) 461-9594**

**'Specializing in whole body Self-Care'**

